



## Structured Practice of Mindfulness

1. Assume a comfortable sitting posture.
2. Close your eyes, keep your spine straight, and let your shoulders drop a bit.
3. Bring your attention to your belly, noticing how it rises with each in-breath and falls with each out-breath. The rise and fall of your abdomen as you breathe will be the focus of this meditation. If you prefer, you can focus on the air coming in and out of your nostrils as you breathe.
4. Keep the focus on your breathing - the rise and fall of the belly - "being with" each in-breath for its full duration and with each out-breath for its full duration as if you were riding the wave of each breath.
5. Every time you notice your focus has wandered, notice where your attention has gone, label it such as **WORRYING, PLANNING, or REMEMBERING**, and then gently escort your attention back to the rise and fall of the belly as you breathe.
6. If your mind wanders a hundred times, then your "job" is simply to bring it back, nonjudgmentally, a hundred times. By non-judgmentally I mean you do not judge the fact that your mind has wandered because that is what minds do!
7. Practice every day for at least 10 minutes to live a more mindful life.